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Wrestling with Fear: A former pastor conquers fear, not with prayer, but with a fight for his life

Paul T.B. Ma

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Do you know the roots of your fear? Are you aware of how fear dictates the way you relate to your significant other, your work, your plan and yourself? In an unfortunate period of his life, the author gradually unpeels the layers of his fear. With the imminent threat to his life, he takes on fear for a fight. How can one fight against fear, especially when it is living in you? “The fear in my head had turned me into a self-centred and naïve person. The fear of losing freedom had turned me into a controlling maniac. The fear of ultimate isolation with death had turned me into an insecure and possessive person. The fear of now or never had turned me into an instant gratification person. Fear was certainly very powerful. It had changed me with little of my awareness.” The author offers no methodology or religion to tackle one’s own fear. Instead, he shares his journey of courage in releasing himself from fear.

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